



# The Wholeness Chef

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## **Roasted Brussels Sprouts with Pancetta and Cranberries**

*I prefer to roast brussels sprouts in the oven rather than boil them because roasting will bring out their more delicate flavor rather than that sulfury smell that can turn off some people. I like to combine it with both a salty pancetta and sweet cranberries so you get the salt and the sweet working together really well. Overall it makes a great holiday dish!*

– Dr. Mary Rondeau | The Wholeness Chef

### **Ingredients:**

1 lb Organic Brussels Sprouts  
1 Tbsp Organic Extra Virgin Olive Oil, Avocado Oil or Coconut Oil  
2 oz Pancetta, roughly chopped  
1 small Shallot, minced  
1/4 Cup dried Organic Cranberries  
Salt and Pepper to taste

### **Directions:**

1. Preheat oven to 425°F.
2. Trim and halve Brussels Sprouts and transfer to baking sheet. Toss with olive oil, salt and pepper.
3. Bake for 15 minutes until browned and tender.
4. While Brussels sprouts are baking, brown pancetta and shallots.
5. Add chopped pancetta to small skillet and over medium heat cook until pancetta has rendered fat and pieces are crispy. Remove and place on a paper towel to drain excess fat.
6. Remove all but 1 Tbsp of rendered fat and sauté shallots until translucent for about 2-3 minutes.
7. Remove Brussels sprouts from the oven and transfer to medium serving bowl. Top with pancetta, cranberries and shallots. Toss and season with salt and pepper to taste.
8. Serve immediately.